

# FT. MYER MILITARY COMMUNITY RETIREMENT SERVICES BULLETIN

DEPARTMENT OF THE ARMY  
FORT MYER MILITARY COMMUNITY  
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GARRISON COMMANDER  
FORT MYER, VIRGINIA

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Retirement Services Officer

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VOLUME 10 NUMBER 1-2005

SPRING/L SUMMER 2005

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THIS BULLETIN IS PUBLISHED SEMI-ANNUALLY AS A SERVICE TO ALL RETIREES, WIDOWS, AND THEIR DEPENDENTS RESIDING WITHIN THE JURISDICTION OF THE U.S. ARMY FORT MYER MILITARY COMMUNITY. THE CONTENTS, WHICH ARE NOT DIRECTIVE IN NATURE, ARE INTENDED AS A REPORT ON INTERESTING AND SIGNIFICANT ASPECTS OF THE PROGRAM AND ARE BASED ON CURRENT REGULATIONS, GUIDANCE AND REPORTS.

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DEPARTMENT OF THE ARMY  
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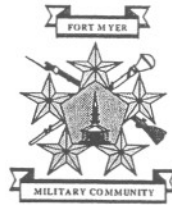
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## OFFICIAL BUSINESS

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THE COMMANDER, MDW, HAS DETERMINED THAT THE PUBLICATION OF THIS PERIODICAL IS NECESSARY IN THE TRANSACTION OF THE PUBLIC BUSINESS AS REQUIRED BY LAW OF THE DEPARTMENT OF THE ARMY. USE OF FUNDS FOR PRINTING THIS PUBLICATION HAS BEEN APPROVED BY THE COMMANDER, U.S. ARMY MILITARY DISTRICT OF WASHINGTON (MDW), IN ACCORDANCE WITH AR 25-30. VIEWS AND OPINIONS EXPRESSED IN THIS PERIODICAL ARE NOT NECESSARILY THOSE OF THE DEPARTMENT OF THE ARMY OR MDW.

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**FROM THE GARRISON COMMANDER**  
Colonel Thomas A. Allmon

Thanks to our Fort Myer Retiree Community for all of the support you have provided our Soldiers, family members and partners through your volunteer work and all the other services you provide. Your continued contributions to our Army is even more meaningful as dedicated men and women in uniform answer our Nation's call to arms in far off places around the world. Many of our soldiers are on their second and third deployment since the global war on terrorism began. It is important that we show our continued support for their efforts whenever we can. One way to do this is to stay involved with our military community by joining your Retiree Council. Our Retiree Council, co-chaired by COL(R)Cohn and SGM(R)Brown, are involved with a number of initiatives to support retirees and Soldiers in the Fort Myer area. I ask that you consider becoming a member of our retiree council and lend your talents to the great work the council is doing.

In our last bulletin, I mentioned many of the changes and challenges we faced in 2004. A number of those changes and challenges will continue through 2005. Some notable changes will be: Security police replacing military police on our gates, more civilians and contractors performing many of the jobs on the installation that historically had been done by Soldiers, and possible changes in some of the services provided on our installation. These changes are taking place on all of our installations as we

transform our Army to meet the challenges ahead. We will do our best to keep you informed of all of these changes as they occur.

There are a number of major construction projects scheduled for fiscal year 2006. The demolition of Tencza Terrace, a number of gate projects, new barracks construction, and road repairs. I ask that you monitor our news papers, bulletins, and website to stay abreast of power and water outages, road and gate closures, and detours. We want your visit to Fort Myer to be a pleasant experience. I will do my best to minimize the impact all of these projects have on our visitors.

The Fort Myer Retirement Services Office has been completely remodeled and is now open for business. Feel free to visit or call. Our Retirement Services Officer can provide current information on issues that could impact you as a retiree. You will find the contact information on the front of your bulletin.

Thanks again for your continued contribution to our Army.

**NOTES FROM THE CO-CHAIRS' DESK**

COL (R) Frank Cohn and  
SGM (R) Robert L. Brown, Jr.

Your Retiree Council has the ability to access Department of the Army with suggestion to improve the quality of life of retirees. There are two ways in which we can do that. The first is as individual volunteers, participating in the annual Family Action Plan (FAP). Items of greatest interest are forwarded to the major command and hence to DA for presentation to the Chief of Staff of the Army. These are generally items of

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**B U L L E T I N**

concern to the entire Army family.

Items of particular concern to retirees are also submitted annually by the Retiree Council through the Garrison Commander and upward to the DA Retiree Council, which meets once a year to determine the disposition of each submitted item. Those items which are supported, are briefed to the Chief of Staff of the Army and monitored for implementation. For the 2005 Chief of Staff of the Army Retiree Council meeting, your Fort Myer Retiree Council submitted three items for consideration:

1. Military Treatment Facilities Retiree Care. In view of fiscal constraints Military Treatment Facilities in this area have ruled to terminate care for those who transition from active duty to retiree status and those who transition at age 65 into Medicare. This does not mean that those personnel lose their Tricare entitlement, only that they will no longer receive in-house care but need to be treated in the civilian sector. We pointed out that this policy is of a particular hardship to those age 65 who transition to Medicare, particularly if they have been accommodated within the MTF for all of their past years in retirement. We asked that resources be found to eliminate this disenrollment.

2. Distinguishing Insignia for Retirees in Uniform. When retirees wear their uniform to attend special functions, as they are permitted to do, it seems appropriate that they should wear some distinguishing insignia to preclude any confusion about their status. This was done with that famous "Ruptured Duck" insignia after World War II, but presently, there is no such provisions.

3. Pay Adjustment at Death. Many retirees are not familiar with a problem that can hit their survivors when they die. Retirement pay is always paid in advance. If, for example, a retiree dies in mid month, the survivor is only allowed to retain 1/2 of the monthly pay which had been paid out. In order to assure that there will be no misuse of funds, Finance and Accounting (F&A) is obligated to recoup the money which is no longer due. For example, if F&A had deposited the entire monthly retiree pay electronically into a checking account, as soon as F&A is apprised of the death, action is taken to recoup immediately the entire monthly payment electronically from that account. The survivor must later submit a request to receive the amount still owed. This process can really place a survivor into a very precarious financial situation, since he/she probably had counted on the money which the survivor thought was still in the checking account. And this fiscal problem hits at the very worst time of his/her life. The Council recommended that a better way be found to recoup the overpayment.

We hope that we are representing you in the way you might expect. If you have a recommendation which you want us to consider for next year, please submit it in writing to the RSO, Fort Myer, 106 Custer Road, Bldg 202, Ft Myer, VA 22211-1199 or e-mail: [RSO@fmmc.army.mil](mailto:RSO@fmmc.army.mil).

**FROM THE RSO's DESK**

Tina Johnson, Retirement Services Officer

The next Retiree Appreciation Day (RAD) is scheduled for September 30, 2005.

FORGOTTEN WIDOWS' TO RECEIVE  
BENEFITS

Annuities for Certain Military Surviving Spouses (ACMSS). Certain widows of military retirees not automatically included in the Military's Survivor's Benefit Plan (SBP) when it started in 1972, became eligible for a monthly payment of \$165.00 as of 1 Dec 1997. As of 1 Dec 2004 it has increased to \$197.51.

Eligibility for these payments was outlined in Army Echoes.

Because there is no data bank listing for all eligible surviving spouses, any surviving spouse who has reason to question their eligibility should contact the RSO at Ft. Myer: 703-696-5948, for additional information and application form. We encourage all who read this bulletin to pass this information on to anyone they know who might be eligible.

**NOTES FROM THE CEREMONY DESK**

MAJ Andrew C. Johnson, Retired,  
Chair

**KOREAN DEFENSE SERVICE MEDAL AWARD**

This SOP outlines the procedure for the formal awarding of the Korean Defense Service Medal. (KDSM).

The KDSM was authorized by the US Congress and is issued at the request of military members who served in the Republic of Korea after July 28, 1954. The request for the medal, with proper documentation, must be sent to the National Personnel Records Center, 9700 Page Avenue, St. Louis, MO 63132-5100 (e-mail: <http://www.archives.gov>).

When approved, the medal is sent to the former service member through the mail.

It is felt that this procedure may not recognize and appreciate adequately the service

of the recipients. This SOP attempts to rectify that situation by providing a vehicle for the formal recognition of the recipients at an award ceremony at Fort Myer, Virginia.

An appropriate award ceremony is planned to be incorporated into the annual Retiree Appreciation Day (RAD) activities.

Any retiree who has received the KDSM through the mail, may participate in this program. He/she must first contact the Fort Myer Retirement Service Office (RSO) at 703-696-5948 and provide the following information: (1) Name (2) Rank (3) Telephone Number (4) Dates of Korean Service (5) Verify that he/she is in possession of the KDSM.

The former service member will be contacted by a member of the Fort Myer Retiree Council to confirm his/her intention to participate in the designated award ceremony and will be reminded to bring along the KDSM.

At the award ceremony, the former service member will be presented with his/her medal by the presiding officer. The attire for this ceremony is designated as Business Suit. Point of contact for questions: MAJ (Ret) Andrew C. Johnson, 703-734-1573.

**NOTES FROM THE COMMUNICATIONS DESK**

SGM Charles E. McCoy, Retired,  
Chair

The following article was submitted by COL(R)Reginald Grier, Former Chairman and Volunteer CAO (301)336-7879, email [rcgrier@erols.com](mailto:rcgrier@erols.com)

In an effort to cope with the increasing number of death cases involving retired service members, the Fort Myer Casualty and Mortuary Affairs Office originated this

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**NOTES FROM THE COMMUNICATIONS DESK,  
cont.**

pilot program, designed to provide surviving retiree family members with timely casualty assistance. In the pilot program, local military retirees volunteer to serve as Casualty Assistance Officers to families and undergo several hours of training. Acting as casualty assistance liaisons, they help families understand entitlements and benefits due them following the retiree's death. The volunteer casualty assistance officers also provide condolences to the family and attend funeral and burial services.

At the present time, about five individuals are trained in the many aspects of casualty assistance, and two have provided assistance services to three families. This is an excellent opportunity for retirees to help the bereaved at a time when the loss of a family member is paramount and the retiree who served his or her country with honor. Providing this service is not difficult.

To be a part of this noble effort, please volunteer your time and effort by calling the Casualty and Mortuary Affairs Office at Fort Myer at 703-696-3237 at your earliest convenience. By doing so, you will insure the best in assistance to those who have served their country with distinction.

**NOTES FROM THE LEGISLATIVE COMMITTEE'S  
DESK**

LTC George H. Strauss, Retired

Legislation enacted late in 2004 has been covered in some detail in the last Bulletin as well as in the January - April 2005 issue of Army Echoes.

As of March 05 no legislation has been passed by either House of Congress, but a minimal cost for death benefit for deceased military personnel in Afghanistan and Iraq will probably be increased to \$500,000.-- within a month or two on a retroactive basis. Other substantive retiree legislation cannot be expected until July at the earliest.

The president's Budget for 2006 (starting 1 October 05) requested a reduction in funds for Department of Veterans Affairs medical services. It provided no funding for liberalization of the Survivor Benefit Plan widows' offset or a speeding up of the concurrent receipt provisions. Bills for the last two items have been introduced by members of both House and Senate, but these - as well as other measures benefiting retirees - face strong opposition by the administration and in the Congress because of a high projected budget deficit. A number of public statements were made by a high DOD official that retiree/veteran benefits are in direct competition with funds needed for the support of troops in Iraq and Afghanistan.

**NOTES FROM THE MEDICAL COMMITTEE'S DESK**  
COL Arlene F. Greenfield, Retired,  
Chair

Mark your calendars for the upcoming Ft. Myer Senior Fitness Day!  
Who's invited: All "seniors"  
What: The Ft. Myer Senior Fitness Day  
Where: Ft. Myer Gym  
When: 25 May 2005, Wednesday, from 10:00a.m. to 2:00p.m.

There will be a number of events/activities planned to include Circuit Training classes that will start out with a stretching workshop followed by walking a half mile on the track and then a workshop on using the Nautilus equipment. If you will be participating in this event, please dress comfortably/accordingly. Additionally, the following personnel are scheduled to be at the Fitness Day-- a health Nurse, a Nutrition Advisor, and a Health Benefit Advisor.

There will also be an opportunity to have a Health Risk Appraisal, Vision Screening, and Blood Pressure Screening. Information on CPR will also be available from the American Heart Association in addition to other handouts. A guest speaker is also scheduled who will discuss hip/knee pain as related to arthritis.



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Refreshments will be served. If you need additional information please contact the Ft. Myer Gym personnel at: 703-696-7868. Use this number as well to inform the event organizers that you're planning on attending-RSVP's are not "mandatory" but will help to provide the planners with a count for food, seating, etc.

See you there!

FYI:

**Question:** What is the portability of TRICARE for people who live in this area for part of the year and move elsewhere for the other part of the year?

**Answer:** As a retiree you may change your Primary Care Manager (PCM) once a year and back again through the TRICARE Service Center. However, if you are enrolled in a Military Treatment Facility (MTF) you may not get back into the MTF if it is a closed one like DeWitt. If you do not disenroll at your PCM and you go elsewhere for treatment, you are only entitled to emergency and urgent care at a facility that is not your PCM.

**Question:** What is the progress on the new hospital at Ft. Belvoir?

**Answer:** Ground breaking is scheduled this year (2005). The anticipated move in date is late 2008 or early 2009.

The new hospital will be a 27-bed patient facility with Medical Surgery, a large outpatient/primary care area, and OB services.

### DeWitt Improves Internet Appointments

DeWitt Health care Network is participating in an Army test to improve access to booking Primary Care appointments using TRICARE Online. This benefits patients enrolled in Prime or Plus for the clinics at DeWitt, Rader, Fairfax, and Woodbridge. TRICARE Online is the Military Health System Web Portal. The web portal provides patients information about their enrollment site and PCM. In addition, patients can access health and benefits information. If you have not tried TRICARE Online now is the

time to check it out at  
[WWW.TRICAREONLINE.COM](http://WWW.TRICAREONLINE.COM)

### New Appointment Call In System at DeWitt

DeWitt Primary Health Care Center has implemented an upgraded call in system for appointments. The system is menu driven, customer friendly, and designed to help alleviate dropped calls and long wait times. Additional features will let you know how long a wait before you are able to speak with a representative, or, the option to leave a message for a representative to call you. If you leave a message, you'll stay in the same "place" as if you had remained on line/on hold. The system also provides the option to transfer to other clinics as well as to the patient representative. Access this call in system by calling 703-805-0612.

### Older Retiree Immunizations

It is recommended that seniors get annual flu shots at the start of the season (typically in Octobers). It is also recommended that they have up-to-date pneumonia and tetanus shots. The pneumonia and tetanus shots are typically considered as effective for ten years. They should be renewed at no more than that cycle (unless one's doctor recommends earlier re-immunizations. The patients should insure their shot records are available and kept current.

### NOTES FROM THE SERVICES COMMITTEE'S DESK

COL Ralph Sievers, Retired, Chair

### Web Sites of FMMC Retiree Interest

The principal listing of web sites of interest to retirees is a feature of "Army Echoes." The sites below supplement that listing. Additions to the list are invited, and may be provided by e-mail to: [esviknasL@aol.com](mailto:esviknasL@aol.com) [Notes: These entries include information on official sites. Information on some non-governmental sites is included because of its possible interest to retirees.

## "U.S. Army Retired – Still Serving"

The information provided on these sites is based on personal review but its inclusion does not constitute endorsement of the non-governmental activities. This article is not a recommendation to subscribe to any of the commercial services or any additional services that may be offered at the sites. Contents of web sites may have changed since their review for this article (in March 2005).]

### GOVERNMENT SITES

[NEW] Ways to Support the Troops:

[www.americasupportsyounm.org](http://www.americasupportsyounm.org)

This site identifies established means of supporting the troops and lists organizations that have that objective. The site includes the following disclaimer: The appearance of hyperlinks does not constitute endorsement by the Defense Department of linked sites or the information, products or services contained therein. For other than authorized activities such as military exchanges and Morale, Welfare and Recreation sites, the Defense Department does not exercise any editorial control over the information you may find at these locations. Such links are provided consistent with the stated purpose of this DoD Web site.

Army Band: [www.army.mil/armyband](http://www.army.mil/armyband)

Army Home Page: [www.army.mil/](http://www.army.mil/)

Defense Link: [www.defenselink.mil](http://www.defenselink.mil) Site includes DOD news releases, web sites, reports, and news.

Disability Compensation Assistance:

[www.crsc.army.mil](http://www.crsc.army.mil) Site assists disabled retirees to receive non-offset disability compensation.

DoD Web site -- Information on the War on Terrorism:

<http://www.defendamerica.mil>

FMMC Home Site: [www.fmmc.army.mil](http://www.fmmc.army.mil)

Site includes (among many) pages with Ft. Myer background and organization and separate pages for activities that include: Army Community Services, Recreation Services, exchange, Rader Clinic, Memorial Chapel, Tax Center, and Casualty Affairs, and hours for the activities.

FMMC Morale, Welfare, and Recreation

(MWR): [www.fmmcmwr.com](http://www.fmmcmwr.com)

Government Benefits:

<http://govbenefits.gov> Information about US Government benefits.

Internal Revenue Service: [www.irs.gov](http://www.irs.gov)

Library of Congress Thomas Legislation

Record Website: <http://thomas.loc.gov>

Medicare: [www.medicare.gov](http://www.medicare.gov) Information on program and participating physicians, by specialty, state, county, city, etc.

National Institute of Health Site:

[www.nih.gov](http://www.nih.gov) Available publications and fact sheets (including diseases and conditions of special concern to seniors). Some specific NIH on-line databases available free are:

National Library of Medicine:

[www.nlm.nih.gov](http://www.nlm.nih.gov)

Combined Health Information

Database (CHID): [www.chid.nih.gov](http://www.chid.nih.gov)

Pentagram Online Site:

<http://www.dcmilitary.com/army/pentagram/index.html>

Rader Clinic: Access through FMMC Home Site (described above)

State Dept International Travel

Information: [www.state.gov/travel/](http://www.state.gov/travel/)

Watervliet Arsenal RSO Website:

<http://www.wva.army.mil/rso>

This site provides service to military retirees worldwide and the local NY area.

### NON-GOVERNMENTAL SITES

Army Emergency Relief (AER) web site:

[www.aerhq.org](http://www.aerhq.org)

Information on Hoax Stories and Virus Warnings:

<http://www.stiller.com/hoaxes.htm>

## Retiree Volunteering Opportunities at FMMC

Many activities at Ft. Myer are supported or are made possible by volunteers. In addition to personal satisfaction, the volunteers may expand their social contacts, and find common interests with fellow volunteers. The following volunteer activities at FMMC may be of interest to retirees. The FMMC Installation Volunteer Coordinator, Pam Eller, may be contacted for information on the nature of the volunteer services needed by the activities and for points of contact, at (703) 696-1229.

American Red Cross (Rader Clinic)  
Arlington National Cemetery, various

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support activities from grave counting to family interaction  
Armed Forces Hostess Association  
Army Arlington Ladies  
Army Community Service (ACS): Multiple programs and offices use volunteer support. These include:

- ACS reception
- FMMC Army Family Action Plan
- Conference Participants
- Seasonal packing assistance for the food basket programs
- Widow/widower outreach program
- Army family team building
- Army Officers' Wives Club of the Greater Washington Area Volunteer Activities
- Better Opportunities for Single Soldiers (BOSS)
- Casualty Assistance (a MDW/FMMC pilot program to use volunteers is in progress)
- Community Recreation Division
  - Library
  - Fitness Center
  - Craft shops
- Fort Myer Memorial Chapel (call (703) 696-3532 for more information on services and activities)
  - General protestant, catholic, gospel, and Samoan vocal choirs
  - Ecumenical handbell choir
  - Gospel liturgical dance ministry
  - Sunday school teachers
  - Chapel receptionists

- Parish Councils for respective congregations
  - Christ House
  - Arimatheans
  - Lectors
  - Eucharistic ministers
  - So Others Might Eat (SOME)
  - Ushers
  - Lay Readers
  - Greeters
  - Hostesses
  - Meals on Wheels
  - Christians Reaching Out to the Sick and Suffering (CROSS)
- Fort Myer Tax Center
- Fort Myer Thrift Shop
- Partners in Education (School Liaison Officer, at 703-696-8263)
- Retiree Services Council
- Old Guard Family Readiness Group
- The Old Guard Museum

United Service Organization (USO)  
Youth Services

### **Army Emergency Relief helps Army care for its own**

The Fort Myer Military Community Army Emergency Relief Campaign 2005 runs through **May 20**. Garrison Commander Col. Thomas A. Allmon has set this year's Fort Myer Military Community collective goal at \$115,000.

AER is a way for the Army family to support Soldiers and their family members. AER was incorporated as a private non-profit organization in 1942 under the laws of the District of Columbia solely to collect and hold funds to relieve distress of members of the Army. For more information, see [www.aerhq.org](http://www.aerhq.org).

To support Soldiers in a tangible way, think about helping through AER. Call or e-mail Capt. Robin McPhatter or Capt. Matthew Miller at 703-696-3650/2685, [Robin.McPhatter@fmmc.army.mil](mailto:Robin.McPhatter@fmmc.army.mil) or [Matthew.Miller@fmmc.army.mil](mailto:Matthew.Miller@fmmc.army.mil). You can also find us at Building 406 Sheridan Avenue, Room 116, Fort Myer, Virginia 22211. Please mail or bring your donations to us by May 20 and help those in our Army Family!!! Thank you for your support.

### **Retiree Dependent ID Cards**

Retiree and retiree dependent ID cards can be issued by any DoD ID card issuing activity, regardless of the military service of the retiree or the activity.

It is expected that renewed ID cards issued to retiree dependents over 75 will not require further periodic renewals. This should show on the issued card.

**AER** assistance to widows, widowers Army Emergency Relief (AER) is available to widows and widowers to help them through the initial period following the death of a spouse before benefits such as the Survivor Benefit Plan, Dependency and Indemnity Compensation and Social Security begin. Assistance is normally provided for



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routine monthly expenses such as rent or mortgage, utilities, car payments and groceries. **This assistance is provided to widows and widowers as a grant, not a loan.** As part of AER's commitment to widows and widowers whose spouses are killed or died while on active duty, AER has formed a partnership with Armed Forces Services Corporation (AFSC) to provide lifetime support. The partnership entitles the survivor to specialized services at no cost to them. Widows or widowers can activate these services by calling AFSC at 1-888-237-2872. See the AER web site at [www.aerhq.org](http://www.aerhq.org) and get more information locally at 703-696-3510.

### **Army Family Action Plan Input**

Each installation develops its candidate issues for eventual forwarding to the Army level AFAP conference. The Retiree Committee provides representatives to the FMMC AFAP conference. AFAP issues have resulted in legislation, changes in policies and regulations, and a more responsive Army for active duty and retired members of the Army community. Retirees who have issues they wish presented for consideration at the next conference may discuss those with representatives of the Retiree

Committee, may submit them by e-mail to [esviknasl@aol.com](mailto:esviknasl@aol.com), or may volunteer to participate in the next AFAP conference.

### **Legal assistance available throughout National Capital Region**

The FMMC tax center is in Building 228, Fort Myer, VA 22211-1199. Hours: Monday, Wednesday, Thursday and Friday, from 8 a.m. to 5 p.m. and Tuesday from 10 a.m. to 6 p.m. Call 703-696-1040 for an appointment or for more information.

### **Day Trips from the Community Center**

Retirees and their dependents are eligible to participate in the one-day bus outings arranged by the Ft. Myer Community Center. These have included day trips to Atlantic City, ski trips,

Busch Gardens, Kings Dominion, Luray Caverns, Rappahanock River tubing, guided canoe trips, and Chesapeake Bay fishing. Information on planned trips can be obtained at (703) 696-3470

### **FMMC RETIREE COUNCIL MEMBERS**

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